

5 Herbal Remedies for Menopausal Tingling Extremities

By Leigh K. | Updated: Aug 02, 2016

Many women suffer from tingling extremities throughout their lives, and it is particularly common during times of hormonal imbalance, such as during menopause.

Fortunately, there are things you can do to relieve the symptoms of tingling extremities. Continue reading to discover the top five herbal remedies for menopausal tingling extremities.

1 Chili Pepper Poultice

Hot peppers contain capsaicin, a natural analgesic that can remedy tingling extremities, especially when the disorder is affecting hands and feet, or when it is causing a “burning” sensation. To make this poultice, start by heating 12 de-seeded red chili peppers over a flame, and then crush them. Place them on a clean, thin cloth and bundle them until they form a poultice. The heat of the peppers will reduce hand and foot pain when placed on the problematic area.

2 Gingko Supplements

Ginkgo biloba is one of the most popular and commonly used herbs for reducing and remedying tingling extremities. It is famous for its ability to enhance brain activity and promote concentration and energy, but this herb can also increase the circulation of blood all over your body, which in turn will reduce the problem of numbness, pain, burning, or tingling in your fingers and toes. Gingko is widely available from online retailers in supplement form.

3 Cabbage Leaf Compress

Tingling extremities can occur as a result of excess fluid retained in the body, which leads to swelling. Placing green or white cabbage leaves on your ankles and wrists can help relieve the swelling, since they draw out the fluid. Cooling the leaves in the fridge before applying them can provide you with additional relief. You can repeat this with as many leaves as necessary until you feel the pain and tingling reducing.



4 Chamomile Tea

Thanks to its anti-inflammatory action, drinking chamomile tea can be an effective way to remedy tingling extremities, as it helps to reduce inflammation. Try replacing your usual morning cup of coffee or tea with chamomile tea to remedy your tingling extremities at the start of the day.

5 Watermelon Slices or Juice

Watermelons are rich in the antioxidant lycopene, which is linked to circulation improvement. Lycopene is the substance that provides watermelon with its red color, and it is also present in tomatoes, apricots, and pink grapefruit. Improved circulation will help to remedy tingling extremities in a natural way, while including more fruits and vegetables in your diet will have a positive impact on your overall health.

Tingling extremities, though rarely serious, can be a frustrating and irritating condition for those who suffer from it. For further information on other ways to treat this menopausal symptom, follow [this link](#).



Sources

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